

## Pink Lady® Apple Power Smoothie



Try our Pink Lady® Apple Power Smoothie as made by Reuben from Reuben's Restaurant & Bar in Franschoek :  
For one medium glass :

2 large ripe Pink Lady® apples  
250 ml natural yoghurt  
An ice cube  
A vanilla pod  
2 tablespoons thick honey

Cut and core the apples into chunks.  
Cut the vanilla pod half crossways.  
Save one half for your next smoothie.  
Slice the remaining piece in half lengthways.  
Using the point of a small knife, scrape out the sticky black seeds and add them, with the honey to the yoghurt, ice cube and apples in the blender. Blitz!



[www.pinklady.co.za](http://www.pinklady.co.za)

Created by: **Reuben's**  
restaurant & bar

**Pink Lady®**, so much  
more than an apple!™